
TRURO COA GENERAL INFORMATION

If more information is needed, please call the COA @ 508-487-2462

COA CAFÉ'-Every Tuesday @ 12:30 . Changing Menu, cost is \$7.50 includes bread, beverage & desert..

PACE-People with Arthritis Can Exercise. Slow paced, chair exercise instructed by Kathy Stetson, Certified Physical Therapist. FREE.

CORE CONDITIONING-Intermediate level workout for the back, abdominals and hips are performed in a variety of sitting, standing and on the floor exercises. Instructor, Kathy Stetson, Certified Physical Therapist. \$5/per class.

STRENGTH TRAINING-Chair exercises using hand and leg weights . Some standing using strengthening bands. Go at your own pace. **FREE**

MEMOIRS-A group setting of writers who read, write and critique the work of the group members. **FREE**

MAHJONGG-Weekly gaming open to all that have some experience. **FREE**

MYSTERY BOOK CLUB-2nd Friday of each month with a new book selected each month. **FREE**

STORY TELLING with Dan Lynch-Share your favorite memories and listen to Dan and participants reminisce. 3rd Wednesday of each month. **FREE**

CRIBBAGE-Weekly gaming open to anyone who wants to play. **FREE**

BRIDGE-Weekly, non-competitive, just for fun to anyone who wants to play. **FREE**

SCRABBLE

SIGHT LOSS-Support group meeting 10 A.M.-Noon Transportation available. Call the COA for Additional information.

PODIATRIST-All foot care problems, as well as routine care. Fridays, every month. **APPOINTMENTS REQUIRED.**

LEGAL SERVICES- Legal Services of Cape Cod & Islands Specializing in Elder Law. 2nd Wednesday of each month. **Appointment required** by calling The COA @ 508-487-2462.

WEIGHT LOSS-Wednesdays, immediately Following Strength Training at 10 A.M. **FREE**

SHINE-Serving Health Insurance Needs of Elders is to help elders understand and receive the health insurance coverage they need through Medicare, Medicaid, Prescription Assistance, Long-Term Care Planning & Insurance, and other health care issues. Contact our Outreach Coordinator for an appointment

ADDITIONAL PROGRAMS:

Walking/Hiking Group

Cooking Classes

Art Gallery

Health Fairs-Annual

Health Care Proxy

Medical Equipment Loans

Fuel Assistance

Senior Municipal Service Program

Referrals

***Transportation**

***See Additional Transportation Information**

Income Tax Return Preparation

Tai Chi

White Line Block Print Classes

Chronic Disease Self-Management Workshops

Health and Safety Education

Bereavement Support Group

Frustrated Optimistic Gardeners

Greeting Card Classes

Swim Club Memberships

Computer Classes

SNAP

Ask A Nurse